BREAST CANCER AWARENESS
BY THE NUMBERS

Every
3 MINUTES
A WOMAN IS DIAGNOSED WITH BREAST CANCER.

1 in 8 women
WILL BE DIAGNOSED WITH BREAST CANCER.

Every
13 MINUTES
A WOMAN IN THE U.S. LOSES HER LIFE TO BREAST CANCER.

"BUT ONLY OLDER WOMEN GET BREAST CANCER, RIGHT?"

Over 250,000 women under 40 in the U.S.
LIVE WITH A BREAST CANCER DIAGNOSIS.

AND AT LEAST
11,000 more young women
WILL BE DIAGNOSED THIS YEAR.
An estimated
226,870 women
AND
2,190 men
WILL BE DIAGNOSED
BY THE END OF 2012.

ABOUT 2.6 million
FEMALE SURVIVORS
OF BREAST CANCER
LIVE IN THE U.S.

THIS YEAR:
39,510 women
AND
410 men
WILL DIE OF THE DISEASE.

“WHAT CAN I DO?”

EXERCISE.
10-19 HOURS PER WEEK CAN LOWER YOUR RISK UP TO 30%.

DRINK LESS.
IF YOU'RE A WOMAN AND YOU DRINK, LIMIT YOUR ALCOHOL INTAKE TO REDUCE YOUR RISK.

KNOW THE SIGNS.
BE AWARE OF WHAT'S NORMAL FOR YOU AND TELL YOUR DOCTOR ABOUT ANY CHANGES.

BE YOUR OWN ADVOCATE.
CREATE A PREVENTION AND TREATMENT PLAN WITH YOUR DOCTOR THAT FocusES ON YOUR NEEDS.

BROUGHT TO YOU BY

JULEP

EDITH SANFORD BREAST CANCER FOUNDATION

SOURCES:
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